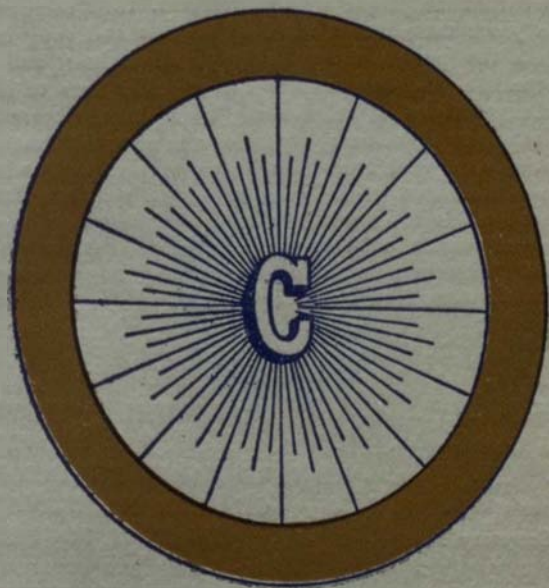


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# THE CENTER

AUGUST, 1910



EDITORIAL

Keeping Well

CONTRIBUTIONS

Health a Natural Condition

Health a Spiritual Growth

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## Harmony Club of America

An independent organization of earnest people everywhere, who want to make the most of life and to be happy while doing it. The aim and object is: To harmonize people with themselves, their surroundings and each other; to prove the efficient value of a smile and song in everyday life, to establish the perfect unity of body, mind, heart and spirit; to investigate, formulate, and demonstrate the scientific laws of Happiness; to enunciate the principles of wholesome, triumphant, sincere living; to present the discoveries of modern psychology in simple, attractive guise; to put those who want vital knowledge in touch with those who have it; to maintain a brotherhood of individuals, where sympathy is the only bond; to impart the secrets of self-help, as the highest form of altruism; to promote free discussion of every subject that makes for clear understanding of life. Literature mailed on receipt of postage. Headquarters at 700 West End Avenue, New York City.

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### Executive Announcement

Owing to the increased duties of the OFFICERS, DR. F. N. GLOVER will take executive charge of the CLUB with the title of GENERAL SECRETARY.

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# THE CENTER

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## Keeping Well

There are two great modern schools of Health.

The first is a primary—the second a post-graduate.

Hygienically, few people in civilization have learned the alphabet of their own composition. Spiritually, few people in civilization have mastered the idiom of their own expression. Hence the need of both these schools of Health, which you will find to be supplementary, not contradictory.

The teaching of the first is: *Only Nature cures the body.*

The teaching of the second is: *Only God heals the soul.*

The first is called Nature Cure, the second is called Divine Healing.

If you are more body than soul, study Nature Cure.

Entered as second-class matter at the New York Post Office



If you are more soul than body, investigate Divine Healing.

If you are all-round, look into both, and accept neither without proof.

The first school has many branches, among them being Physical Culture, Dietetics, Hydrotherapy, Massage, Mechanotherapy, Osteopathy, Electricity, Magnetic Healing, Remedial Gymnastics, Biochemistry, Cures of Air, Earth, Light, Heat and Cold.

The second school has fewer branches but livelier, including New Thought, Christian Science, Mental Science, Divine Science, Faith Cure, and Psychic Healing.

A third intermediate school, hitherto unclassified but evidently touching on both the others, embraces Fasting, Suggestion, Autosuggestion, Emmanuelism, Rest Cure, Silence Cure, Work Cure. These all contain a measure of appeal to the body, and a measure to the soul. Hence, when properly administered, they are generally saner than extreme doctrines of either Nature Cure or Divine Healing.

Why print this list of outlandish therapeutic names, some unintelligible if not unpronounceable?

Because they have a lot to do with *Keeping Well*. A good cure is a better prevention. And to some extent these are all good cures. The way to keep well is to do the things a wise doctor would tell us—before he has the chance. Our doctor is as valuable as we don't need him. Some day we shall wake up to this fact, and shall pay him as much as we don't need him. We now pay him for his tardiness; as well pay a watchman for guarding a rifled safe. A physician is either a teacher or nothing. And the work of the teacher is to anticipate—not to probe or to mend. To study symptoms is to have neglected causes.

Of all the current modes of drugless healing, some are

freakish, some fanatical, some positively dangerous. But they have, together, done this one thing: they have shown the old-school practitioner that a man is a complex being, and that no amount of tinkering with his body will satisfy his heart, calm his mind, or heal and empower his soul. *Health is physical, mental, emotional, psychic, moral, executive, and spiritual.* Omit any factor and you imperil the whole.

A tonic bath or a subliminal consciousness may keep you well. But you must first know where you live—on the surface or at the center. Which, with you, are stronger—muscles or ideals? Don't imagine that ideals have any right to absorb you, leaving your muscles to wither away. But the place to focus your hygienic study is *where you most enjoy being*. You won't begin to know what health means until you chuck overboard for good and all the symptom-sillies, woe-begone-willies, germ-jeremiahs, pepsin-paralysis and hygiene of horrificandum. Choose your doctor by how he cheers you up. And if his remedy isn't pleasant, it doesn't fit. Maybe you need exercise, maybe you need raw food, maybe you need re-education of the brain cells; but whatever you need you will desire. Bitter medicine is for bogie-men.

You can put a rational philosophy of Health into six words, forming an acrostic:

**H**ygiene  
**E**volution  
**A**mbition  
**L**ove  
**T**rust  
**H**armony

Hygiene is physical, Evolution mental, Ambition executive, Love emotional, Trust spiritual, Harmony

psychic and moral. Each of these must form a clause in your Health insurance policy. It will pay you, financially, to take an hour, a day or a week off and learn to forestall the doctor and druggist by incorporating these principles in your everyday life.

1. *Hygiene* is the re-approximation of natural conditions, the provision of such food, water, earth, air, and sun as will guarantee us good animals. Our humanness is the costliest thing about us. For it we have paid the most. For mere intellectual progress and social gain, it is a terrible price to lose animal instincts and disparage animal powers. The first mark of a sound life is to exult in purely physical buoyancy. And the first warning of disease is the willingness to evade elemental things, preferring closed cabs, stuffy houses, hermetic flannels, tepid baths, highly seasoned food, hectic literature, and artificial conversation. Pity the day when you cease to revel in a storm, or want to paddle in the rain, or love to breast the East Wind. It is healthier to make mud pies than to eat real ones. Nothing sets the blood a-tingle like a morning plunge in a mountain stream. And for genuine sleep, give me a pine pillow, a bed of earth, a good-night glimpse of starlight, and the tender murmur of the trees as they lock their boughs above me.

If you want to live long and be happy, start right now being a fine savage. You may not like the way this sounds—but wait till you see how it feels. Hold your head at least as high as the king of the jungle does; breathe long and deep on every possible occasion; exercise daily because you take pride in swelling muscles and joy in a glowing skin; get a wholesome thirst and a clean one that nothing will satisfy but lots of pure water; master a live game and beat the other fellow all over the field; learn to laugh at



furs and gloves and sickly layers of blanket; eat because you like to eat and never be ashamed; ridicule the fear of germs and tell the professional wan-face that beholds them to begone with his pathological delirium; keep your windows always open and your face to the sun; revel in being alive through and through; love your body for its own sake—then watch your mind improve and your soul expand!

2. *Evolution* is the modification of Hygiene to the growth of the individual. If Kneipp orders you to bathe more, or Fletcher to eat less, or Dewey to stop eating, or Sandow to exercise with apparatus, or Swoboda to exercise without, or Mrs. Eddy to meditate, or Weir Mitchell to rest, or anybody else to do this, that, or the other if not the opposite—don't you believe them. Study their system for yourself, adapt it to your own case, or else leave it high and dry for the next man.

Examples of the folly and futility of *standardizing* Health.

I know one person who fasted forty days with great benefit; I know of another who fasted three days and died. The first was *mentally* prepared, the second was not.

There are people who recoil from the use of mud-baths; there are others who delight in them. If your development is in the air-bath stage, you will prefer air-baths and gain more from them.

City folks have been known to pine away in the country. Yet country life is ideal—for *everything but temperament*. Nature penalizes temperament—as heavily as God rewards it.

Tolstoi and others have been vegetarians temporarily—while their sympathies and tastes were being refined. Then they went back to meat. All dietetic preference is of

psychic origin; food is both cause and result of character.

Vigorous lung expansion helps the whole organism. Yet the action of the breath almost stops in the higher trance of the mahatma; and to him the flight of the soul is more hygienic than the pulse of the body. Indeed, with the growth of the spiritual nature all physical exercise decreases in violence.

Cases might be multiplied to show how impossible one mortal's experience is for the life of another. If you are to reach the hundred-year mark and be well every minute, you must form your own habits of thinking, eating, bathing, exercising, dressing, sleeping, working, playing, and persevering.

3. *Ambition* serves to prevent the self-indulgence that usually underlies disease. Ailments are luxuries that only the rich and idle can afford. Women most frequent sanitariums because women have no large responsibilities to act as a moral brace. (If you ask why men most frequent prisons, the reason is the same. That is the difference between men and women. Idle men sin against their neighbors; idle women sin against themselves.) Kings, presidents, powerful statesmen, and able financiers see to it that their health is preserved. If our bearing toward ourselves were sufficiently regal, we could never be ill. All human error traces to undervaluation of human worth. Esteem yourself as highly as Morgan and Rockefeller do themselves—then you will keep well at any cost. Health has a price which only Ambition is willing to pay.

4. *Love* is the best physician you can find. But if you seek Love as a physician you will never, never find her. She will seek you when your face is toward the light. And if you always went in that direction, you would never need



a physician. Doctors catch none but the stragglers out of darkness.

Love provides the soothing touch of one who understands, without the mercenary factor of the paid healer. God pity the child, or the man, who does not know the saving refuge of a woman's breast. In the loving embrace of a mother, a sister, a sweetheart, a wife lies the renewal of strength and courage and all that makes for soundness. No man is well who does not sometimes weep. And the only safe place to weep is in the cloister of a woman's heart.

Love tends to safety through a prescient, clairvoyant, peculiar gift of knowing. In many cases of sudden death or disaster, a premonition of the crisis has been felt by some one closely related to the sufferer—Love sharpens the senses and heightens perceptions otherwise dormant. There are few wives who do not know how their husbands violate the laws of Health—and there are few husbands who know how much their wives know. If we could see ourselves as we appear to those who love us, we should be infinitely humble—and infinitely strong. Love creates a pure supremacy of the ideal self, a self in which blemish or weakness cannot enter.

Love develops an unselfish motive for living—and to live for some one else is to empower one's own life. Did you ever try saving the pennies you were tempted to spend on a bit of needless luxury, to make a loved one happy with the money? This is one of the few ways to avoid surfeit and gain satisfaction at the same time. Indeed the real joy of living is to forget living in loving.

5. *Trust* improves Health. Faith is the corner-stone of all recovery; and it is reasonable to suppose that the house of the body would never crumble if a deep, firm belief had

always been kept the foundation. A strong conviction, fully carried out, prevents the need of cure. Physiological examples:

You have a cold and some one advises you to fast a day or two, or take fruit alone. You fear starvation and eat on. You fall sick. If you had trusted Nature, you would have done as the animals do—rested your stomach, worked your lungs, and burned the impurities out.

You groan with the fiendish twinges of rheumatism; your doctor tells you to avoid meat; you fear you may “lose your strength”—and on the sly you brew beef tea. Soon you acquire the gout also—and the ptomaines dance in glee at the funeral of your faith in common sense.

Your circulation is poor; you read somewhere that fresh air, night and day, summer and winter, makes good blood; but from your benighted ancestors you inherit the superstition that fresh air is dangerous after dark. So you grow paler, while your window stays shut.

Whatever is wrong you make more wrong by doubting or hesitating. Better to be firmly unhygienic than falteringly sanitary. Believe anything good and hard—then watch how your backbone stiffens, your breath deepens, your stomach smiles, your frayed nerve knits, and your solar plexus thanks you. The finest health resort is a mountain of faith. You should take a morning walk there every day.

6. *Harmony* completes Health. Hygiene, Evolution, Ambition, Love, and Trust are all individual attainments; but Harmony connects the outer and the inner, making of surroundings a fitting complement for the stature of the soul. Everything about you means something true or false to your personality. Your objective life and subjective consciousness must correspond if your psychic and emo-

tional balance is to be maintained. The color of your walls, the texture and fit of your clothing, the number and kind of your house-furnishings, the quality of sounds that greet you, the aura and atmosphere of the people who surround you—all these factors help to form your hygienic status. Learn to be at peace with your environment, or to remold it after the image of your personal ideal. There are those who have had to change their name and residence before they found themselves.

Health is a radiation of inner affluence. To be strong, you must shine as the sun. If your neighbors don't want the light, send your beams elsewhere, for Health demands adjustment, understanding, reciprocity. And to fill your niche with kindness, poise, and devotion is to establish a permanent vigor of mind and body.

EDWARD EARLE PURINTON.

The most hygienic thing you can do  
for yourself and your neighbor is  
to  
SPREAD THE CONTAGION OF HOPE !

## Health a Natural Condition

By Charles H. Shepard, M.D.

It is a happy thought that all members of the Harmony Club of America, as well as many others, can be benefited by combining their interests. That we can rally around a point for the common good. It is the principle of Co-operation, "One for All and All for One." We cannot benefit our neighbors without benefiting ourselves, and the force of a combination is much greater than the total of separate individuals, in whatever they undertake.

In no grander field can this be worked out than by concentrating on the health of the people. As I have been, during the past fifty years or more a student of disease, and its alleviation, my message to the Harmony Club will be largely tinged by experiences during that time. Long ago it was impressed upon my mind that the great burden of disease, we may well say, nine-tenths, is developed by Man's indiscretions. When Nature is abused it is manifested in Disease. What more simple and desirable than to stop abuses and give Nature an opportunity to recover itself? Anything contrary to this inevitably results in the reverse of happiness. This shows the wisdom and necessity of studying the Laws of Nature and conforming to her precepts.

By attention to the sanitary environment of our homes and workshops there is a higher standard of health secured, but there is more danger from the unsanitary condition of the body itself. This is of the first importance. We must seek Natural Salvation for all Natural difficulties. In proportion as we discover the needs and truths of this idea



will our relief come. The science of medication is no exception to this rule. What was once, and at no very remote time, considered orthodox, is in the light of present day intelligence considered barbarous, and we may well surmise that the great bulk of today's work in this line will in time be consigned to well merited oblivion.

Every normal man desires to live as long as he can be a useful member of society, and his latter days should be the happiest of all, and so they are, when the lives have been consistent with natural laws. It is not reasonable to think that the experience of a long life is to be thrown away, on the contrary that experience is valuable to every one who will heed its lesson.

Without health there is no permanent happiness.

The amount of disease and misery in the land is appalling, and calls loudly for reform, and the duty devolves upon all who have studied the question to do whatever is possible for the amelioration of the condition. There are many who are presenting their panacea, but unfortunately they do not agree, and so it resolves itself into the problem that every one must work out his own salvation. And this is not a difficult matter. There are certain broad principles that are easily understood and more easily applied. They are so simple that they have been overlooked in the search for the panacea of life, the fountain of youth.

The great bulk of disease comes from excessive alimentation.

Life is today too high strung and artificial.

We live too fast, and there is too much overdoing in every direction.

Business, to succeed, must be carried on under high pressure.

We do not sleep enough.

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Business, to succeed, must be carried on under high pressure.

We do not sleep enough.

Our tables are overloaded with food, while those who eat the most are not the best nourished.

It is time to stop and enter upon a new regime. The simple life appeals to every one who fully considers the subject and would be truly happy. As we grow in knowledge so shall we enter into the joys of a higher life.

At another time I hope to avail myself of the privilege of offering some practical suggestions regarding Right Living as the Basis of Happiness.

## Health a Spiritual Growth

By Mrs. Clara Lee Alden

From early life one experience after another of physical suffering has come to me, causing partial paralysis. The usual methods of restoration were resorted to, bringing more or less relief of body.

At last, I began to recognize that external methods were utterly powerless to give peace of mind during deep suffering. I had been very ill several months under the care of a physician, when, for the first time, the power of mind was presented to me. A lady was brought into my sick room, who talked to me of Christian Science, of which I had never heard.

She came twice a day; gave me mental treatments, and talked an hour with me each visit. It was all so new and appealed to me so strongly, that I immediately acted upon it, and in a few weeks was able to be about. Friends thought a miracle had been performed. The healer then formed a class, and I took a course of instructions from her.



It was not very long, however, before I found myself unable to fight any longer against physical conditions, and I went to the healer again. To my great disappointment, her treatments gave no relief, her words no inspiration. I afterwards had two private interviews with the Leader, to no avail. At last I was unable to rise from my bed; sent for a healer, and after a few treatments, fear evidently took possession of him, as he sent my husband in haste for a physician, and I saw him no more.

What seemed to me a failure at the time, was really a great success, as it taught me that I must learn to do my own thinking. If it is possible for another's mind to cure my body, why should not my own mind have greater power to do it?

For about two years I was unable to rise from my bed, during which I passed through all sorts of experiments, until at last the physicians said they could do no more.

All this time the seed sown in my consciousness had been taking root, and I began to recognize myself, not as body, possessing a soul, but a soul, needing development and growth, and the illness of my body as a grand opportunity to learn something of the possibilities within me. Another may give us the letter of the truth, but the spirit, which giveth it life, comes to us only through experience.

I was familiar with the Bible, but I now found the teachings summed up in these few words, "I and the Father are one." There is but one power—Good. The highest expression of that power is Man. Man is one with God just as the sunbeam is one with the sun. The tiny ray of sunlight is equal *with* the sun. It is in quality just what the sun is, but it is not equal *to* the sun, being but a tiny ray in quantity. Each of us being a tiny ray of life from Infinite life, is equal with that life, but not equal to it.

Every experience that comes is a stepping-stone to wider knowledge of this one-ness with God.

I began to be taken from my bed every morning, sitting all day, keeping myself pleasantly occupied all the time with various kinds of handiwork, as I had the use of both hands, and perfect sight. In just a year I began to move my body, learned to walk, and in a few months was perfectly well.

For whatever inspiration I may have received from healers I am indeed grateful, but the fact remains that had I not worked with unswerving faith and perseverance, I should have remained an invalid.

"A man is no stronger than his weakest point." My weakest point was on the physical side, consequently my greatest experiences in life have come on the physical side. Only that which is needed to develop each soul can come to him.

As soon as I was able I began to talk with my friends as they came to question me of my experience, and soon I was obliged to open my home to the public each week, and from that I soon found myself upon the public platform. The keynote of my work has always been to help people to help themselves.

For fifteen years I enjoyed perfect health.

In the midst of my work five and a half years ago, I was again stricken, lying four years and some months upon my back, unable to turn or raise my head, my sight nearly gone, and right hand entirely helpless.

To-day I am at the seashore, having come forty miles by auto, in order to be out on the ground. I am walking about the yard alone, and gaining quite rapidly. I can *move* my right hand, but cannot yet use it. I have learned to write with my left hand, and make lace also

My sight has not come yet, but it will. I am not troubled about it.

Your question, "How have I met this physical suffering and kept a sunshiny spirit through these long years," I answer in this way: For years I was constantly uttering these truths and now my testing time had come, when I should prove to myself, and others, if I truly believed the things I had taught.

It was not a question of what the conditions were, but how would I meet those conditions. As I had grown to recognize the All-ness of Good, my fear of suffering and death was overcome, as so-called death only means to me one of life's experiences—not death, but change. I found that the consciousness of the All-Good enabled me to meet everything that came, I cared not what it was.

It is this consciousness only that has made it possible for me to rise from my bed. Had I feared the pain and suffering, and not recognized Infinite Strength working through me, I should never have dared work, as I have, to regain the use of my body. No matter what pain it caused, I knew it was the only road to health.

Being helpless myself, and dependent upon others to serve me, it was my opportunity not only to keep myself cheerful, but to do all I could to make it easier for those about me.

A specialist whom my doctor brought to see me said it was an inspiration to see and talk with me, because I looked so healthy and happy, and if everybody had my philosophy of life there would be no need of doctors in the world. My case is interesting to physicians, and it certainly is strong proof of what mind can do. The one who has been my helper for the past three years is becoming much interested in the subject, and is a member of the Harmony Club.

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A specialist whom my doctor brought to see me said it was an inspiration to see and talk with me, because I looked so healthy and happy, and if everybody had my philosophy of life there would be no need of doctors in the world. My case is interesting to physicians, and it certainly is strong proof of what mind can do. The one who has been my helper for the past three years is becoming much interested in the subject, and is a member of the Harmony Club.

Every experience that comes is a stepping-stone to wider knowledge of this one-ness with God.

I began to be taken from my bed every morning, sitting all day, keeping myself pleasantly occupied all the time with various kinds of handiwork, as I had the use of both hands, and perfect sight. In just a year I began to move my body, learned to walk, and in a few months was perfectly well.

For whatever inspiration I may have received from healers I am indeed grateful, but the fact remains that had I not worked with unswerving faith and perseverance, I should have remained an invalid.

"A man is no stronger than his weakest point." My weakest point was on the physical side, consequently my greatest experiences in life have come on the physical side. Only that which is needed to develop each soul can come to him.

As soon as I was able I began to talk with my friends and they came to question me of my experience, and soon I was obliged to open my home to the public each week, and from that I soon found myself upon the public platform. The keynote of my work has always been to help people to help themselves.

For fifteen years I enjoyed perfect health.

In the midst of my work five and a half years ago, I was again stricken, lying four years and some months upon my back, unable to turn or raise my head, my sight nearly gone, and right hand entirely helpless.

To-day I am at the seashore, having come forty miles by auto, in order to be out on the ground. I am walking about the yard alone, and gaining quite rapidly. I can move my right hand, but cannot yet use it. I have learned to write with my left hand, and make lace also.



My sight has not come yet, but it will. I am not troubled about it.

Your question, "How have I met this physical suffering and kept a sunshiny spirit through these long years," I answer in this way: For years I was constantly uttering these truths and now my testing time had come, when I should prove to myself, and others, if I truly believed the things I had taught.

It was not a question of what the conditions were, but how would I meet those conditions. As I had grown to recognize the All-ness of Good, my fear of suffering and death was overcome, as so-called death only means to me one of life's experiences—not death, but change. I found that the consciousness of the All-Good enabled me to meet everything that came, I cared not what it was.

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There are still obstacles in my path, but I recognize each one of them as a stepping-stone to greater health and happiness. And so "in the midst of, in spite of, obstacles I shall go forward."

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## Anniversary Suggestions

### To Loyal Club Members

THE CENTER is a year old this month, and the question that concerns us all is "How shall we begin the new year most effectively?"

Hundreds of members in renewing their subscriptions are telling us how the Club has helped them, how they have enjoyed the visits of THE CENTER, how they will gladly co-operate in further extension of the Club service. From these letters we are led to believe that many would like to express in deeds what they have voiced in words. The true expression of appreciation is *action*. For those who wish to *live* their thanks and join us actively in the work of the new year, we therefore suggest a number of



## THINGS AN UNSELFISH DOLLAR WILL DO

1. *Send Club invitations to 20 people.* Each announcement costs us five cents for printing, paper, and postage. For a dollar you can speed the message to 20 of your friends. Enclose their addresses, with the dollar.

2. *Send one copy of THE CENTER to 10 people.* If you know that many physicians, hygienists, invalids or humanitarians, you couldn't invest a dollar more wisely than in forwarding this Health number of the Monthly to the friends who would value it. This one copy—lived—will regenerate almost anybody.

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5. *Secure a year's full membership for 2 friends.* The regular price of these two membership-subscriptions is two dollars. But this is our birthday, and we claim a birthday-privilege of paying 50 cents on each of these gifts for your 2 best friends. This offer holds *during August only.*

If you have an unselfish dollar not busy—or two or five of them, won't you put them to work for the Club and your friends? Please send all remittances to

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## CLUB NEWS

Under this heading will be given records of our growth, individual and collective: with ideas and suggestions for enlarging the scope of the Club. Every member is asked to contribute, and to aid us in promoting the work.

We knew the Club had many good friends.

But we didn't know how many and how good, until the renewal blanks came pouring in.

Now we know—and your loyalty has given us a new happiness.

You remember the old hymn "There shall be showers of blessing"? Some of your letters made us feel like singing that—with the verb in the past tense, and the congregation joining.

I think the greatest human blessing is that of appreciation. Next to work well done, which is divine, comes work well understood—which is divinely human. You understand what we are trying to accomplish. This understanding, revealed in the letters of the past few weeks, is the most powerful stimulus we have yet had. If we take giant strides next year, as we expect to do, your sympathy, encouragement, and helpfulness will be largely responsible.

Some of you paid for next year's subscription months before it was due; others ordered complimentary memberships for friends, at the new rate; quite a number made valuable suggestions on the editorial and financial sides; most of you specified topics which you would like to have presented in the Leading Articles. We thank you all. And we shall improve just as fast as we can.

Members of the Club whose subscription expires this month, and who have not yet renewed, will find a blank



for this purpose enclosed with the magazine. *If your copy contains the blank, please renew to-day. A late Post Office ruling stops the publication even with the date of payment. And as the September Leading Article is the most practical yet, you will want your number of THE CENTER without delay.*

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In forwarding his renewal, one member said the Monthly was worth \$5 a year to him—and he would pay it gladly.

Another sent a five-dollar note asking us to use the remainder as we saw fit, and to consider it in the light of her co-operation.

A third offered to contribute \$10 a year regularly, until the financial independence of the Club should be established.

Again we thank you, dear people. This looks like an Extension Fund organized by the members themselves. How would you regard it? What form should it take? Please be thinking, all of you, on the financial side.

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A member from Albany sent us one dollar, June 20th, but failed to sign the renewal blank. Will he or she kindly notify the office, so that acknowledgment may be sent and the subscription date changed?

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We expected to tell you all about our new Club Rooms at 700 West End Avenue. But this description, together with announcement of plans for the year, must be postponed till September. We prefer, this month, to give the space to Mrs. Clara Lee Alden, whose experience in overcoming

hardship and forgetting pain is one of the rarest I have ever known. She wrote this for us with great difficulty, using her left hand and suffering all the time. Read her story you who are downcast, impatient, or bitter—and exult once more in the unconquerable human spirit.

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Our first new contributor is Dr. Charles H. Shepard.

Doctor Shepard is eighty-five years young. And with a boy's enthusiasm he told me the other day that he hoped to do great things in the world.

He *has* done a great thing—he has probably done more than any other man in Greater New York to prove that “cleanliness is next to Godliness.” He has raised the bath of the body to the dignity of a religious observance. And because, in the work of the Club, we are getting down to earth good and hard, I have asked him to write the first contribution for the new year.

Doctor Shepard is founder and owner of the largest, and the first, hydropathic establishment in Brooklyn. His pioneer work in drugless healing is known throughout the United States. Some of his conclusions, with which you may or may not agree, but to which you will listen, are printed in a pamphlet entitled “Care of the Body by Right Living.”

This pamphlet of forty pages sells for ten cents, and is worth more. Doctor Shepard offers to give it without charge to members of the Harmony Club. I have enough pride however in the self-respect of the Club to ask you to enclose five two-cent stamps when you write for the pamphlet. Dr. Shepard's address is 81 Columbia Heights, Brooklyn, New York.

## QUESTION BOX

Questions of general interest will be answered so far as we are able and numbered consecutively. Please make them brief. Letters for Question Box should be marked "Personal to the Editor."

Question 49. Mr. W. B. A.—Chicago.

"If all the laws governing the body were known and kept, would there be any necessity for healing?"

No more than for punishing—jails, reformatories, and hospitals belong in the same category of penal institutions. Every ache is the echo of a broken law. The sick man is therefore a criminal to himself. And the disgrace of illness should hurt more than the pain. Most disease is a combination of ignorance, laziness, fear, and dirt. We are ashamed of clothes stained with mud and of houses festooned with cobwebs. Yet sick bodies need only purifying, sick minds need only clearing; if bodies and minds were as visible as clothes and houses, our pride would keep us well.

It is both undesirable and impossible for one man to heal another. Nature does the healing—we have only to give her a chance. Cure is but the introduction of a doctor to his patient, the real work of a real physician is instruction. Small doctors chase symptoms, great doctors mould habits. There is a positive science of prevention, there is no positive science of cure. And the first medical college to embody this truth in its curriculum will sweep the country. The power of medicine is more than half mind. Hence the popularity of certain metaphysical schools of healing which, despite their fallacies do avail (in a manner unconsciously scientific) to electrify and vivify drooping imaginations.

Health should not only be maintained, Health should be increased. And it may be—to your dying day, when you know your own mind, your own body, your own powers of self-expression, self-recuperation, self-development.

Question 50. Miss A. C.—Ontario.

"I have liked THE CENTER so much. Everything in it is good, and much goes right into the foundations of being. But there is one point in your philosophy where I think you are making a most natural mistake, because all the men who are writing on Psychotherapy seem to be making it too.

"I am thoroughly convinced that there is a great deal more trouble from weakness of brain tissue (either weakness inherent or weakness induced by pressure on or injury to nerves) than writers have recognized. The weakness is as real as weakness of muscle arising from fever conditions. Wholesome mental action, such as you are teaching your readers to acquire, is a very great help. But in cases I have watched more closely than a doctor can, and have had the opportunity to see as a professional could not, I am sure that a weakness of tissue was at the base of the unfortunate bad mentality and to a large extent hindered the setting up of wholesome action, because there was not capacity for the *endurance* necessary to forming the good habits."

Brain-cells are like body-muscles—they must be fed, aired, exercised, rested, bathed, and sometimes rubbed with arnica. Haven't you seen people who, after bumping up against a new idea, looked as if they needed arnica on the brain?

If you will read THE CENTER for a proper length of time, you will have your brain-cells fed with fresh thoughts—sometimes too fresh; aired by exposure to a breezy mental atmosphere; bathed, if not drenched, with a hurricane of



words—but seldom rested comfortably, and not as yet exercised by a systematic method. We hope the exercise and rest will come later.

Your criticism of mental medicine is absolutely just. The man who gets well by *merely* thinking he is well either wasn't sick or isn't well.

Sometimes nerve-impingement stands in the way of Health. Then the invalid needs Osteopathy.

Sometimes heredity stands in the way. Then the invalid needs a scientific adaptation of Phrenology.

Sometimes malformation stands in the way. Then the invalid needs Surgery.

Sometimes poor blood and starved tissue stand in the way. Then the invalid needs Diet, Fasting, Respiration.

The secret of permanent cure is Re-education, with psychology and physiology rationally blended.

Trying to form good mental habits without possessing a good physical foundation is like building a good house on a quicksand—the better the house the more the pity.

The sanest, most advanced writers on Psychotherapy do not make this mistake. If you will read more widely you will discover that many of them are born materialists, convinced against their will of the power of the mind. Hence they remain physiologists, only adding metaphysics.

Question 51. A Western Member.

“Can we project our will into space, and aim it at another person?”

I hope not. The race would have to be all angels before this could safely be done. Even then it would appear a species of mental maraudery.

The way to project our will is upward in the form of prayer—then downward in the form of action. We have

not the right, if we had the ability, to control the mind of another. And no man who has a work befitting a man cares to dally with his neighbors on the psychic plane. He hasn't time, and he knows better.

Question 52. Mr. M. M. G.—Elgin, Illinois.

"Some teachers of mental science tell us that such emotions as anger are extremely injurious, acting as a poison to the system. Others assert that occasional outbursts of temper (as indignation) act upon the mind and body as a tonic. What seems to you to be the truth?"

The truth, as usual, may be found half-way between.

Anger is a poison. But so are emetics and purgatives—which we sometimes need, to counteract the effect of other poisons already in the system. Anger is a powerful antidote for such deadly things as injustice, insincerity, incompetency. To be thoroughly indignant because of a wrong is purifying, stimulating, hygienic. But to be "mad" at people is confusing, depressing, suicidal.

The capacity for "righteous indignation" grows with our spiritual unfoldment. The man who is not a vehement non-conformist is either blind or paralyzed. Fighting for a conviction is the quickest way to peace. As for hygiene, the most invigorating thing you ever did will be this: Form the habit of challenging compromise!

THE LEADING ARTICLE FOR SEPTEMBER

WILL BE

"The Cost of Living"

## Announcements by the General Secretary

Dr. H. N. Glover

700 West End Avenue, New York City

**Resolve Motto Cards.** The Club Resolve (omitted from this page) will be printed upon cards suitable for mailing and hanging on the wall. Write for *particulars*.

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## CENTER PHILOSOPHY

Good angels were first good animals.

To be whole is to forget being healthy.

The primary law of hygiene is: Be happy in your work.

Health is expansion in all directions.

Children are vital because children know that the best doctor is Instinct and the best teacher Inspiration.

The way to be well is to make business your Health, not Health your business.

The finest exercise for an invalid is to learn to laugh at symptoms.

A mushy backbone is the starting-point of all disease; and the real remedy is cartilaginous.

Sick people have merely forgotten the first two lessons of life; how to play with Nature, and how to work with God.

What we need for recovery is not less pain but more anguish.

Objective recovery involves subjective discovery. The man who knows himself and is true thinks not about his Health, but only of the life purpose whose achievement Health will enhance.

"Incurable disease" is only curable ignorance.

The single permanent cure is to live one's largest ideal.

Not how long we live, but how much, is the measure of vitality. The average centenarian has done nothing for a hundred years but exist—and that was not worth the time. Better to be a Keats or a Joan of Arc, to express oneself and die with a gasp half-moan, half-pæan, daring oblivion, stayed by a deathless purpose.